

## Grilled Broccoli

Grilled broccoli is delicious. Spice or barbecue sauce are frequently added, though not necessary. However, it may end up only steamed, and not fully cooked, which can cause problems for those who have become unable to properly digest it. Broccoli on the grill is best with butter and bacon bits. Adding the broccoli packet to the grill before the meat helps it cook faster, and more fully. Broccoli can be grilled with other vegetables, including cauliflower, squash, and green beans. It's a fun side dish, and a great way to share vegetables with children in a way they don't expect.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Bacon Bits
- Broccoli
- Butter (lactose)
- Pepper
- Spices

#### Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Knife
- Pot holders

#### Pan:

- Grill safe aluminum pan, or

**\*\* Grill packet.**

**\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

**Ingredients:****Meat:****Optional:**

1/4 cup of bacon bits

**Vegetables:**

15 ounces of broccoli

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Wash and chop broccoli.
2. Add to grill safe aluminum pan, or grill packet:
  - 15 ounces of broccoli
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
  - Optional:
    - 1/4 cup of bacon bits
3. Close packet and place on grill.

**Cook Temperature: Grill**

**Cook Time: About 15 to 20 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: \_\_\_\_\_.